

# BRIDGES

WEDNESDAY, APRIL 30, 2014

## MUSIC:

Binder Twine and the Balers deliver true blue prairie grass. **P. 12**

## SHARP EATS:

Where to find a critique for every occasion **P. 24**

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Elevate your cocktail with locally-made bitters. **P. 27**

## BETWEEN THE LINES

AT READ SASKATOON,  
SHERYL HARROW-YURACH  
KNOWS THAT KNOWLEDGE  
POWERS PEOPLE **P. 4**



FREE

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# GLENN SKELTON

## Not Just ANY Green Englishman



Glenn Skelton

I had the privilege of growing up with weekly visits to my grandparents' home. My grandfather kept me spellbound with the stories of his life. But his stories were not like those of some grandfathers, full of wild heroes and indomitable accomplishments. Rather they overflowed with his self-deprecating humor and told mostly of the many times he failed or was made a fool. The stories may true — Who would make up this stuff about himself?

He talk of growing up in rural mid-age England and of the gut wrenching quandary whether to stay in Britain with a seemingly guaranteed future or take a chance on going to Canada.

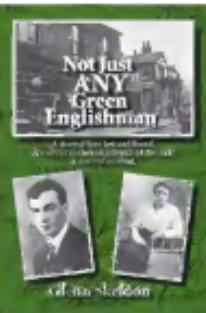
With his heart full of dreams of free land, he chose Canada. He worked for Saskatchewan farmers and on threshing crews (with some fascinating characters) while preparing to try his hand at homesteading.

After four attempts of growing crops in poor country, and having experiences in many trying, he lost the love of his life. Their courtship during the 1910 epidemic and their wedding, boycotted by the bride's family was the prelude to the herculean task of raising 15 children on a market gardens near Saskatoon during the Dirty Thirties.

As I became a man, I felt compelled to bring my grandfather's

story to paper. *Not Just ANY Green Englishman* is that story. It is a story of adventure and hardship, laughter and tears, heartbreak and hope — a huge that survived despite overwhelming circumstances, a hope that persisted when his son walked away. It is the true story of Fred Skelton's epic struggle from the streets of 19th century England to the burgeoning prairies of Saskatchewan.

*Not Just ANY Green Englishman* is 164 pages on length with 300 photos and it reads like a novel. It is available at McNally Robinson in Saskatoon in the Regional Interest and Canadian Biographies sections or by contacting me at [greenenglishman@juno.ca](mailto:greenenglishman@juno.ca)



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Susan Cacou, Shelly Harcourt-Matash and Andrew Schottelj laugh during a meeting at REAO Saskatchewan, an organization that develops fitness programming in the city. **BRIDGES PHOTO BY MICHELLE BERG**

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This coconut cream and Nutella enoie will give you happy fuzzy dreams. **BRIDGES PHOTO BY JENN DANAY**

## BRIDGES COVER PHOTO BY MICHELLE BERG

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# ON THE COVER

Literacy provides freedom.

— Sheryl Harrow-Yurach

# READ SASKATOON

## Knowledge powers people



A volunteer tutor for READ Saskatoon, Bill Moulder has been working with Yuanshi Li for the past two years. Moulder was presented with the Self Help Tutor Award at the READ 10 Years! Celebrity Auction on March 27 because of his growing contribution. PHOTO COURTESY SUSAN CARTER

By Jenn Sharp

Every Saturday for two years, Bill Moulder and Yuanshi Li have met at the Cliff Wright Library to practice Li's English while Li, who grew up in China, has never found it difficult to make friends, but now he feels more confident at his job and with his on-the-job

Li, who works for Alliance Energy, moved to Saskatoon with his family eight years ago. He switched jobs recently and finds it hard to follow along when his co-workers are talking.

"I can do the job but if I break time, I can't communicate with them. I needed to know the background. I wanted to improve my English to

have better communication with the work, and I am."

Li is incredibly pleased — whether at work or at his success. He's gone from a rudimentary understanding to a comprehensive grasp of English, including the nuances and cultural terminology.

Moulder discusses sports and general topics with Li. They look at

pictures in the newspaper of NHL teams, the Saskatoon Blades or Saskatchewan Roughriders. Things going would be talking about on their breaks at work.

"They read out of the newspaper and magazines together and talk about what a story means."

"It helps more practical English into the discussion," said Moulder.

They also spend time on grammar. "English is very difficult to learn. It has as many exceptions as it has rules."

Their learner-tutor relationship is facilitated by READ Saskatoon, which provides skills, family and financial literacy support through to-tutoring programs and workshops. Continued on Page 4



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They can do more with the same resources. They can accomplish more by working together.

- Rick Pedié



Sian Carter (from left), Sheryl Hansen-Kwiat and Andrew Schreck, Acas Director, Tick and Nicole White during a meeting at the READ/Schreck office. (Photo by Michael H. Miller)

"Our tutors usually have rich experience and deep insights in many aspects of life and accordingly they could be a good adviser not limited to improving English communication only," said Li.

Li at first and only learner Maddie has tutored since he took READ's volunteer training three years ago. The CEO of the Association of Saskatchewan Leaders who is looking for a way to fill his three older daughter's need out. While he's always volunteered, he wanted to do something that would be more personal.

"He's stuck with us," Maddie laughed. READ asks for a six-month commitment — progress can be slow because the learner and tutor meet just once a week. Some of those partnerships have continued for 18 or even 20 years.

Maddie was given the Sylvia Vlach Tutor Award at the Head 'n' Heart Gala Auction, an annual fundraiser READ's Saskatoon basis in March. Li nominated Maddie for the award. Li said Maddie's help has been remarkable. Maddie has helped him adapt to life in Canada.

"In my opinion, each tutor is excellent but to my eyes, Bill is the best."

Maddie was breathless when he told him about the nomination.

"I certainly don't expect that kind of thing. I just enjoy doing what I'm doing."

One of Maddie's proudest moments was when Li became a Canadian citizen last year. He helped Li prepare for the citizenship test.

"I get a lot out of our weekly meetings but I don't really talk about that this is just the icing on the cake," Maddie said.

There is more demand than ever for READ's literacy programs. While there's no statistics on literacy rates in Saskatoon, in Saskatchewan one in three people struggle daily with low literacy. READ started with an adult tutoring program in 1989. Family literacy programming was brought in 10 years later. READ's annual budget is over \$250,000 and is sponsored by a variety of community partners.



Having the childcare is phenomenal. Childcare is a huge barrier. That to me just opens the door to what people can have access to and what we're able to provide at the same time. — Harrow-Yunach



A family friendly workshop led on by PEAK Sessions in 2013 at the YMCA preschool expansion will become an anchor tenant at the \$10 million Keweenaw Community Learning Commons. SUBMITTED PHOTO

The YMCA will operate a new 35-spot day care at the site. The Foundation for International Assistance and the Canadian Paraplegic Association have also signed memorandum of understandings.

Now that the four main tenants are finalized, a few smaller ones will be secured and the fundraising campaign will go public.

Rick Pudde, a Keweenaw local and president and the co-project lead on the learning commons. He's been focusing on building the foundation

for the collaborative work with other groups and raising all the funds within a goal fit.

"There's no issue with the same resources. They can accomplish more by working together," said Pudde.

"It's a real game-changer. I think for the community," said Harrow-Yunach.

There was some opposition to the building being re-purposed. The StarPhoenix reported Dann Putzke protested the project at a Feb-

ruary 2013 city council meeting. She was concerned about parking availability and that the building would turn into a social services destination. In the end, city council voted in favour of the project.

But Harrow-Yunach sees a huge opportunity to offer shared programming with like-minded organizations.

Pudde had not heard any more negative since last year's city council meeting.

"I think that people understand

now what it is — it's not a soup kitchen or a needle exchange. It's not a kid service, and that's made a big difference. People are scared of the unknown."

Harrow-Yunach, who completed her MEd in March, did her thesis on the elements of collaboration. She learned about shared space, giving agencies the power to do things they wouldn't be able to do alone.

As an example, having a child development centre in the building will make HEAD's family literacy pro-

gramming more successful. Adults can take the program while taking advantage of the on-site childcare facility.

"Having the children is phenomenal. Children is a huge barrier. That to me just opens the door to what people can have access to and what we're able to provide at the same time," she said.

"If you have children, you can go to one place to access day care, you can get literacy support and cultural support," added Mihalek.



I can do the job, but at break time, I can't communicate with them. I needed to know the background. I wanted to improve my English to have better communication with the world. — Yuanshi Li



A volunteer tutor for READ Saskatoon, Bill Maslzer has been working with Yuanshi Li for the past two years. They read the newspaper and magazines together every Saturday morning. PHOTO COURTESY ISLAM CAPTER

She's taught Grades 3 and 4, along with high school chemistry and biology. While she always taught science, the English degree was important.

"Reading and writing is the currency of the future. If you have strong literacy skills, you have greater opportunities."

She left a job about the two-year MBA experience. Different through Depression University classes can't stop her on Friday and Saturday as War is Won.

While she said it was an amazing experience, it was also hard.

"I didn't do anything well for the past year."

She said going back to school has paid off — often when she gets home

from work at 5 p.m., the girls are eating at the kitchen table doing their homework.

"They say how hard it had to work to get a degree. They understand."

At the classes she has signed

with her work at READ. She can now apply everything from marketing to advertising to her work in the real estate sector.

"That has broadened my skills greatly because it allows me to think about my work in a different way."

Harriet Yasslich started with READ as a volunteer tutor while an unemploy-

ed teacher. I got to work with people who every day walk through the door instead of their boss. I'm always

in awe of how some people have so many barriers and have had so many academic experiences and yet are so resil-

ient."

\*\*\*\*\*

READ is a literacy program, financial literacy begins two tracks ago.

It was created fit. Right per cent at READ's adult learners are em-

ployed, every work multiple jobs and

most less than \$10,000 per year.

"Literacy provides freedom. The more you read, the more you learn,"

she said, adding that when it comes to financial literacy if you don't have the knowledge, it's difficult to make wise

decisions that support your indepen-

dence.

Men and women join the adult tu-

toring program for different reasons.

"Women deserve success as a greater sense of freedom and control as their basic. Men come because

they want a promotion in their workplace or they want to earn more money."

That in turn leads to greater freedom."

Adult learners set their own goals in the program — there's no pre-

scribed curriculum and no testing.

Goals range from getting math 10 to

being able to read fiction at work. The tutor's job is to find material to help people reach their goals.

READ's approach is that literacy

is complex, as different opportunities for people to access support are necessary. No one can ever answer financing low literacy rates on the school system or in families isn't the solution. Horms Yasslich said.

Now is the time for the education

and the public to invest in greater

adult literacy," she said.

"The more opportunities we give people — to grow a value of life-

long learning, the better. It is for the next generation."

Johnna Hernandez/Phoenix.com  
PHOTO COURTESY OF READ

## READ SASKATOON'S LITERACY PROGRAMS

### ADULT ONE-TO-ONE TUTORING PROGRAM

A free three-month program that matches adult learners with trained volunteer tutors. Together they work to improve the learner's reading, comprehension, writing, listening, speaking and spelling skills.

### FAMILY LITERACY

Classes of family-based education. The classes usually held in the evenings for adults and children. Still provides opportunities for adults to talk about what it means to connect through reading and writing, and the benefits of creating your own stories for your children.

### FINANCIAL LITERACY

Programs to great disasters and disasters in the world, also provide financial information in easy-to-understand answers.

Johnna Hernandez/Phoenix.com  
PHOTO COURTESY OF READ

# IN THE CITY

■ FRIDAY, APRIL 26 — 2:35 P.M.

## A three-ring education



Action of circus arts professionals worked with 100 elementary school students during their "second school break," which culminated in a final performance at North Park Wilson School. Photos by Martha M. Mazzola/Westside Stories

# MUSIC

FOLLOW BRIDGES ONLINE at [thestarphoenix.com/bridges](http://thestarphoenix.com/bridges) or you can follow us on Twitter @bridgesYXE or on [facebook.com/BridgesYXE](http://facebook.com/BridgesYXE)

# SASKATCHEWAN BLUEGRASS BAND

## Binder Twine delivers true blue prairie grass



Binder Twine and the Balens practice at Blue Door Recording in Regina. (RONALD PHOTO BY TROY LUNZ)

By Ashley Martin

Should they ever lose their passion for music, the members of Binder Twine and the Balens could pursue comedy full-time.

"Breathments keep the band together," guitarist Anthony Biedell cracked during their practice, which seemed equal parts humor and harmony.

There's good reason for performances as a smattering. That one is really another smattering.

ment," said Biedell.

Amid the wry and one-liners, the wisdom of a combined 200 years of musical expertise comes through.

"They call their style prairie grass — perhaps the only bluegrass we got to originate in the Prairies," he said.

Whatever you call it, Benni Purz's roots are a jolt perfect high lonesome sound. The other guys join in for three, four and sometimes five-part harmony. They can deliver chills with

a mournful tone, or set toes tapping with a clippety cadence.

With songs about moonshine, fire and leaves alone, and phrases like "I ain't lookin' but I'm belly heat," songwriter Purz has got bluegrass's subject matter down, while resisting formulaic lyrics.

"I'm about paying proper tribute to that style of music," said Biedell.

That was his goal when he started assembling the bandmates two years ago.

Biedell's criteria: They had to know the music — among them Bill Monroe, Ricky Skaggs and Tracy Lawrence.

When he found the trio of Purz, Jack Dubois (bass) and Trevor Bennett (fiddle), who'd been playing together for ages (18 years and counting), "giggled Purz. I knew it wasn't a close facsimile of bluegrass," said Biedell.

Purz had been looking for an addition, either on guitar or mandolin, so he'd be able to focus on one of those instruments. Biedell fit the bill.

It's about paying proper tribute to this style of music.  
— Anthony Bedell



Reider Twiss and the Balers have 200 years combined musical experience, performing their music

"I kind of stalked you a little bit," Twiss joked. "How the aforementioned trio chase bluegrass was 'such a thrill,'" said Twiss.

Dulakus just wanted to play banjo. And, after years of playing in country bands, Twiss was sick of "wooky-ookey country crap."

They liked the challenge of playing bluegrass, so did fiddler Giles Geddes, who joined the band. Twiss and Dulakus and promptly had 10 songs.

An rock guitar players turn to jazz, country players turn to bluegrass, said Twiss. "It's the speed metal of country music."

"You can't badger it, really," added Dulakus. Luckily they don't have to. They're all skilled musicians.

Twiss has taught 36 years on guitar. Dulakus counts 14 himself. Dulakus has played banjo for 23 years.

Reider started playing 40 years ago. Their transitioned to guitar and ultimately, while

giggling as Toronto, the more in demand bass.

Grilettos, a longtime member of Transylvanian band La Bagueux à Chapeau, started within an age four. "I'm 15 years old so you can figure it out," he joked.

Now recording their first record, Reider Twiss and the Balers is gearing up.

The band is No. 2 on Beverly Noton's Cetra band competition chart (second) Current & The Midland Round are No. 1.

City radio host Tom Lawrence stated then among 10 standard contestants for 2011 in this year's CBC Searchlight competition, commending their "true bluegrass" sound and the See-kar-kar-kar-kar of their name—which is easier what they were going for when they picked it.

Catch Reider Twiss and the Balers this Saturday at the Regent Farmers' Market, May 11 at the Artful Dodger and May 10 during the Da Dandia Village Arts Festival.

www.reidertwiss.com  
www.thebalers.ca

#### REIDER TWISS AND THE BALERS' TOP 10 BLUEGRASS FAVORITES

- Bill Monroe — "The Music of 500 Mountain Men" From 1936 to 1954 (2 discs)
- Hend Pickard: 25 Years of Bluegrass on Braswell Records
- The Del McCoury Band — Celebrating 50 Years Of Del McCoury
- Ricky Skaggs and Kentucky Thunder — Bluegrass Rules!
- Earl Scruggs: Del Watson and Ricky Skaggs — The Three Peckers
- The Stanley Brothers — "The King Years 1961-1965" (4 discs)
- Earl Scruggs — The Essential Earl Scruggs
- The Seldom Scene — "The Last Show On Earth"
- Bill Field — "The Bluegrass Sessions: Tales From the Acoustic Planet Vol. 2
- David Grisman and Tony Rice — "Tone Poems"



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# GARDENING

## # GARDENING IN SASKATCHEWAN

### The top six plants with coloured leaves

By Erl Svendsen

While green is indeed a colour, a world of green trees and shrubs set against a green lawn when nothing in the gardens is

in bloom is really very ho-hum. Yawn.

But if doesn't have to be that way. There are tree and shrub varieties with leaves that are anything but green: yellow, purple, white, pink and variegated (multi-coloured).

Here are a few of my go-to favourites to add some pizzazz to your garden this year.

This column is provided courtesy of the Saskatchewan Perennial Society, [saskperennial@sasktel.net](mailto:saskperennial@sasktel.net).



Black Lace strawberry PHOTO COURTESY OF GAIL WOOD

#### Elderberry (*Sambucus nigra*) Black Lace

Large, dark purple leaves add dimension and texture to the garden.

Best colour in full sun.

**Flowers:** Large clusters of light pink flowers (like corned beef) in early summer.

**Size:** 1.8 x 1.4 m

#### Ninebark (*Physocarpus opulifolius*) Diabolo

Golden ninebark was the standard for years, but then in the 90s along came the wavy dark purple Diabolo. Excellent as a espalier, or planted in a row as a informal hedge.

**Flowers:** Pale pink, white, early summer.  
**Size:** 1.8-2.4 x 1.8-2.4 m



Diabolo (purple) west garden nursery PHOTO COURTESY OF WEST GARDEN

#### Spiraea (*Spiraea x bumalda*) Mini Sunglo

This name says it all: it's small and bright yellow, sun or shade. It has been a stay-at-home in my garden for over 10 years.

**Flowers:** Small drifts of pink, early summer; repeat bloom in late summer.

**Size:** 0.9 x 0.5 m  
0.6 m



Mini Sunglo spiraea PHOTO BY ERL SVENDSEN

#### Dogwood (*Cornus alba*) Ivory Halo



Ivory Halo PHOTO COURTESY OF JAMA WILLIAMS

Silver dogwood is everywhere, but can get lost, or hand. Ivory Halo is a smaller, slow growing, dense and does well even in sun or shade.

**Flowers:** Small white clusters, early summer.  
**Size:** 0.9 m after five years; double that after 15-20 years.

2.6 m



A. Schubert purple chokecherry tree PHOTO COURTESY GAIL WOOD

#### Purple-leaf chokecherry

Commonly known as Schubert chokecherry, there are several cultivars available including Midnight Schubert, a local selection from Lakelands Tree Farm and Garden Centre. Can be grown as a multi-stemmed shrub or tree.

**Flowers:** Small cream, white. Flowers in a drooping cluster developing edible purple fruit. Birds love them too.  
**Size:** 2.7 m tall x 2 m wide

**Avoid:** Purple-leaved Norway maples. Including Schneider, Crimson King and Crimson Sentry. They are not hardy enough for Saskatchewan.



Caro's Rose daphne PHOTO COURTESY OF GAIL WOOD

#### Rose daphne (*Daphne x burkwoodii*) Carol Mackie

This is a diminutive, slow-growing, semi-evergreen shrub with oval green and white variegated leaves. If you can find it. (Moonlight is the reverse, cream white leaves with a subtle green tinge.)

**Flowers:** Clusters of small pink fragrant flowers, late spring.  
**Size:** 0.9 x 0.9 m



# ON THE SCENE

## # 2014 DON NARCISSÉ ALL-STAR EVENT

Legendary former Roughrider receiver Don Narcisse hosted his fourth annual All Star Event on April 26. Presented by the Saskatchewan Roughriders, Mary Sheehan was the keynote speaker at the gala held at the Hilton Garden Inn. Guests mingled with current and former CFL players, including Sheets, who regaled the audience of 200 with stories from the Riders' 2003 Grey Cup championship.

The gala kicked off a weekend of skill-building football clinics for kids ages seven to 16, taught by current and former Roughriders.

The All Star Event raised funds for Big Brothers Big Sisters of Saskatchewan, an organization that facilitates life-changing relationships between young adults in the community.

BRIDGES PHOTOS BY MICHELLE BERG



# ON THE SCENE

- Christine Roys, Stephanie McGungigle and Karen Bignell
- Laura Helgert and Kede Helgert Boerman
- Don Harrois (right) poses with guests
- Meme Mack and Shannon Cossette
- Andrea Grossana and Ida Grossana
- Linda Stoczek with Kitory Sheets
- Krista and Joel Thor
- Lindsay Rahras and Sabeen Ahmad
- Leanne Gostelaw and Scenie Palmer
- Cassiar Fornwands and Sarah Fornwands
- A performer sings during cocktail hour
- Uteck Lukas, Kristen Magnusson and Amrika Magnusson



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**Sunday, May 18 1-4 pm**  
**Open House**

Spend an afternoon of the May long weekend enjoying the historic house and gardens. Bring your suggestions for programs you would like to see at the Marr.

**Sunday, June 15 1-4 pm**  
**Father's Day at the Marr**

Come for a pleasant afternoon of entertainment. Refreshments will be served.

**\*\*\* Coming this summer: Check out Puppets at the Marr on our website [themarr.ca](http://themarr.ca)**

For additional information phone 306-650-1201

**Clip and Save**

## Nuts About Nature At Beaver Creek Conservation Area



Hi! I'm Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Borrow a nature activity kit-Peb-Peb and take a trail... nature await!

Curious what's new? You can send your questions to me at the address below.

Dear Chip, where does the water for Beaver Creek come from?

Olivia



Dear Olivia, That's a great question! Beaver Creek flows and turns over the land for over 270 kms, starting at Brightwater Marsh near Hanley. Along its route there are many areas where winter flows out of the banks and into the creek. These underground water sources are called "springs". If it's hard to say how many springs flow into Beaver Creek but there must be quite a few since the creek flows year-round, even under the ice in winter. At Beaver Creek, springs are formed when surface water seeps down through sandy soil until it reaches a layer of clay. Clay is a type of soil that sticks tightly and does not allow water to pass through. When the water hits a layer of clay it must move sideways. The water then flows out of the bank, down the hill, and into the creek. In the winter, as the spring water flows down hill, it freezes along the bank forming ice that looks like candle wick! On your next visit, see how many springs you can find!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip  
Fallow Lakes Avenue South  
Hanley, Saskatchewan  
S0K 1C0  
Phone: 306-650-1201  
Email: [meewasin@meewasin.ca](mailto:meewasin@meewasin.ca)



"Dad" is the Executive Director  
of the Beaver Creek  
Conservation Area  
Regina, SK S4C 0S6  
Dad's cell phone: 306-676-2747

**Meewasin**



# EVENTS

## # MUSIC

Wed., April 30

**Dangerous Blue Dogs**  
Bands on Broadway,  
811 Broadway Ave.

**International Jazz Day** Merck De Jong Quintet  
The Basement,  
303 Fourth Ave. N.

**Free! The Pacts w/ Rehearsed and Unrehearsed**  
Various Taverns,  
801 Broadway Ave.

Thurs., May 1

**Lowlend**  
TCU Place,  
33 23rd St. E.

**The Biscuits**  
Cuckoo Restaurant & Lounge,  
1-227 Pheasant Dr.

**It's a Draw in Pomo**  
Bands on Broadway,  
811 Broadway Ave.

**Rock Series: Jeff Snuggles & Colorado**  
The Basement,  
303 Fourth Ave. N.

**Old Townie w/ Myles & The Monks and a Guest: Doug Vangelis Tavern,  
801 Broadway Ave.**

Fri., May 2

**Hightzeit**  
Bands on Broadway,  
811 Broadway Ave.

**Music Friday: Maurice Drakula**  
Jesus Brown  
The Basement,  
303 Fourth Ave. N.

**Lady Hawke**  
Army & Navy Club,  
2511 First Ave. N.

**Johnny Cash Tribute w/ England**  
Mutant Legion,  
303 Louise St.



Carlo Giamuri, the voice of Ranger, will perform at 3rd Annual Events Centre on Saturday. (GETTY IMAGES)

**Doug Eisenhower Trix**  
Matthew Robinson,  
3030 18th St. E.

**Willow and the Shadows**  
Paradise Senior's Centre,  
1033 Parliament St.

**Forever Young**  
Twin Town Tavern,  
1630 Fairlight Dr.

**The Second Life w/ Living with Louie, Catinfornia and My Consultant**  
Louie's Pub,  
932 Campus Dr.

**Sweller! Members w/ DJ**

**Haywood, Bill Turner and DJ Anchor**  
Cathleen Events Centre,  
241 Second Ave. S.

**Zarbin w/ Blood for Banjos and Paul Kaukon**  
Vangelis Tavern,  
801 Broadway Ave.

**Grateful Grains w/ Bill George, Bill Ferber and DJ Lanielle Ca**  
Anytime Cafe,  
632 19th St. E.

**One Day Late and Dangerous Blue Dogs**  
Piggy's Pub & Grill,  
1623 14th St. N.

**14.03: Idylwyld Dr. M.**

Sat., May 3

**Hightzeit**  
Bands on Broadway,  
811 Broadway Ave.

**Piano Series: The Michael Cole Band**  
The Basement,  
202 4th Ave. N.

**Lady Hawke**  
Army and Navy Club,  
303 First Ave. N.

**Harry Starup**  
Mutant Legion,  
811 Broadway Ave.

**Mon., May 5**

**Inox Harlan Band**  
Ends on Broadway,  
811 Broadway Ave.

**CFOR presents The Silver Mr. Zinn Memorial Orchestra w/ Total Life**  
Vangelis Tavern,  
801 Broadway Ave.

**Tues., May 6**

**Inox Harlan Band**  
Ends on Broadway,  
811 Broadway Ave.

**What you need to know to plan your week.**  
Send events to [bridges@thephoenix.com](mailto:bridges@thephoenix.com)

3621 Louise St.

**Polls/Party iPhone**  
Downtown Legion,  
606 Spadina Ave. W.

**Men's Martini**

McNally Robinson,  
3100 Eighth St. E.

**Lou Gramm: The Voice of**

**Penitentiary w/ Rich Stahl**  
Louie and The Diggers  
O'Briens Events Centre,  
3611 14th Ave. S.

**Beats**

Vangelis Tavern,  
801 Broadway Ave.

**Mork Lapeyre**

Antique Centre,  
642 10th St. E.

**Dangerous Blue Dogs**

Piggy's Pub & Grill,  
1623 14th St. N.

**First City, Advertising and Block Tresor**

Document Film & Record,  
100-330 Third Ave. S.

**Sun., May 4**

**Harry Starup**  
Mutant Legion,  
303 First Ave. N.

**Penthouse w/ Terriego Bottlerocket**  
Louie's Pub,  
932 Campus Dr.

**Mon., May 5**

**Inox Harlan Band**  
Ends on Broadway,  
811 Broadway Ave.

**CFOR presents The Silver Mr. Zinn Memorial Orchestra w/ Total Life**  
Vangelis Tavern,  
801 Broadway Ave.

**Tues., May 6**

**Inox Harlan Band**  
Ends on Broadway,  
811 Broadway Ave.

**Street No-Showers**

Electra Dance Casino,  
304 Electra Drive W.

**# ART**

**Mandal Art gallery**  
Until June 20 at 1610 Spadina

Chris E. David The Slepper:  
Road Trips and Other Glori-

ousness and School Art by  
200 students in Saskatoon

schools. RSC Artists by  
Artists Mentioned Pro-

gram, Mary Longman and  
Jan T. Lundin: Through That

Which It Seems, until June 19.

Becky Betsch is underway for

Summer Art Camps for kids

ages six to 12, running July

7 to Aug. 22. Call 306-747-8487 or email [becky@mandal.ca](mailto:becky@mandal.ca)

**Kahng Photo Art**  
Until April 30 on the eighth floor of the Delta Bessborough Spring Collection  
Bronze sculpture and modern contemporary art by Jay Marshall, Gelfenbaum, Michael Anthony, Tom Schultz, William Pretti and Tim Johnson.

**The Shell Gallery**

Until April 30 at Collective  
cafe, 200 10th St. W. For-  
est and landscapes by Kathy

Bredhau. New exhibits for  
Jen Coonan runs until May

20 at City Park, 801 10th Street  
ave. N.

**Perfekte Centre**

Through April 11 at Dragger  
Cres. Arts in the Centre, works  
by the Seeskin Quill Collective.

**The Gallery at Frances McLean Library**  
Until May 1 at the Library. The  
Cat Art Show on a Tarot  
Shirt by Patrick Gules. Recipi-

tion April 2-7 pm.

**Wild Gallery**

Until May 1 at 3-1000 Eighth  
St. E. New flags by Gail  
Sandusky and Ernest Works  
by Jason DeGolia.

# EVENTS

## Humboldt and District Museum and Gallery

May 1 to June 26, 10 a.m. to 4 p.m., at Gorham Street gallery, 101 Murray Avenue, Unit 101, Humboldt. Curated by HATCH [Eastern Warriors Initiative Towards Community Health]. A fundraiser to support the student-led clinic based out of the Wabaseko Community Clinic. With wine and hors d'oeuvres. Works by local artists, students, and organizations will be available for viewing until May 2.

## Charity Art Auction

May 2, 6:30 p.m. to 8 p.m., at Gorham Street gallery, 101 Murray Avenue, Unit 101. Hosted by HATCH [Eastern Warriors Initiative Towards Community Health]. A fundraiser to support the student-led clinic based out of the Wabaseko Community Clinic. With wine and hors d'oeuvres. Works by local artists, students, and organizations will be available for viewing until May 2.

## Modern Country Bazaar

Open May 2, 9 a.m. to 10:30 p.m., at 610 Broadway Ave. S.E. of Lufc Art Show and Sale. Featuring new works by chris anderson, Michaela Ali-Katib, Amy Bennett, Kathy Brechin, Gert Haesert, Jenni Lenzford, Sammatha McHarris and Cindy Pellett. Wine tasting at 7:30 p.m.

## Poised Arts

May 2 to June 5 at 424 20th St. W. Inaugurations by Ryan Lau. A dialogue between two computer-generated animators/visuals as what was created across a span of four years. Artist talk May 2, 7 p.m. and reception 8 p.m.

## AKA Gallery

May 2 until July 3 at 424 20th St. W. Launched, Inflated, Imitated, Imitate. Works by Kyle Blair, Elena Kyte, Christy Nokes and Daniel Pape. Reception May 2, 7 p.m. with a performance by PendoCom. Artist talk May 3, 2 p.m.

## SS. Thomas More Gallery

Until July 25 at 1437 College Dr. Shannon Crotty, Ruins and Reverbments. Photography by Shannen Crotty. Reception May 2, 7 p.m. to 9 p.m.

## The Gallery at Princess Margaret Central Library

May 7 to June 5 at Princess Margaret Library. Canadian Poetry by Joy

Moncler. An exhibition depicting the changing sites seasons, moods and moods of the Canadian landscapes.

## Gallerie d'Innovation Place

Until May 8 at 131 Innovation Blvd. Beauty of Now. A show and sale by Prairie Sculptors' Association. Reception May 8, 5 p.m. to 9 p.m.

## Art Preserve

Until May 3 at 2300 Millar Ave. Photo-surgery by landscape photographer Jim Brantman.

## The Gallerie Place

Until May 8 at 321 Third Ave. & 10th Sts. An exhibition of artworks focusing on the relationship of art to architecture and the built environment.

## Local Art Show and Sale

May 3, 7 p.m. to 9 p.m., May 10-11, 1 p.m. to 5 p.m. In the auditorium of Our Lady of Coochabamba Parish, 300 Ave. Y.W. Hosted by White Eagle Artists Association.

## Benzell Bell Gallery

Until May 10 at 1905-1925 21st St. E. Paintings and prints by David Thauberger. Closes with the beginning of a touring retrospective of Thauberger's work.

## North Star Gallery

May 4-10 in an idyllic setting west of Humboldt, and six kilometers south. Methera Day weekend. Soaring Show and Sale. Paintings by Karen Holden and pottery by Ned Hayes. With live music and refreshments.

## SCYAP Gallery

Until May 23 at 252 23rd Ave. S. Sequence by Jane Reina. Motivations. Thirteen years of works exploring different media. Reception May 17, 4 p.m. to 11:30 p.m.

## Calgary Bakery & Restaurant

Until May 24 at 121 Broadway Ave. Podell Powers. Photography by Cindy Hergott-Polett.

Hannibulus Horus. Showisia. Until May 31 at 121 Broadway Ave. Tracy Reeds by artist Jeffrey Taylor.



Balancing Act by Dorothy Russell is on display at Gallerie d'Innovation Place.

## Affinity Gallery

Until May 31 at 810 Broadway Ave. Where River Meets Sky. Works from Aboriginal and Inuit communities in Saskatchewan. Closes with the Aboriginal Artists' Symposium, in Saskatoon May 29-30. Reception May 24, 7 p.m. to 9 p.m.

## Diefenbaker Canada Centre

Until June 7 at 1001 Diefenbaker Pk. Queen and Country. This exhibit commemorates the Diamond Jubilee of Her Majesty Queen Elizabeth II. From a uniquely Canadian perspective.

Centris East Galleries. Until June 25 at The Centre. Verna Festivale display in the Royal Gallery. Children's Festival display in the Jada

Gallery, photos by Spell It Photo Art. In the Amber Gallery, craft display by the Manitoba Centennial Committee in the sauna gallery, photos by Imagery in the crossover gallery art display by Bedford Reed Collegiate students in the Mendel ART for LIFE program in the Lavender gallery, a display by the Saskatchewan Roots Council in the Magenta and Indigo galleries.

## Ukrainian Museum of Canada

Until June 21 at 1001 Diefenbaker Pk. # Moved by the spark. Artists interpretations on the Life of Jesus. A multimedia exhibition featuring the works of 12 artists.

## # FAMILY

### Parent and Tot Yoga

Wednesday at the Farmers' Market, at 10 a.m. Led by Debra Stamps, and her grandson, for parents with children ages 10 months to three-and-a-half years old. Admission is free with suggested donation to Vinyasa Yoga for Youth. Bring a mat and snacks.

### Moms and Baby

Wednesday mornings until June 4, 10 a.m. to 11:30 a.m., at Lapland Centre in Wanigan. Learn, share and connect with other mums and babies in your community. Learn from local experts about a variety of topics for modern mums. What were you/communicate via e-mail or text.

### Stars and Sandals

Wednesday, 1 p.m., at Centre-Ormeau at the Centre. Choice of two movies and a walk. A baby-friendly atmosphere with lowered volume, dimmed lighting, a changing table and stroller parking in a quiet theatre.

## Plan Parkway Indoor Playground

Gelly at 16330 Quebec Ave. A great indoor playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.

Market Mall Children's Play Grotto. Gelly at 16330 Quebec Ave. A great indoor playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.



## Get back into FITNESS

# OPEN HOUSE WEEK

### FREE ACCESS TO:

#### ✓ FITNESS AREA

#### ✓ POOL

#### ✓ ALL DROP-IN CLASSES

## SPECIAL OFFERS

for new and existing members



306-244-0944 ext 100  
ywcafitnesson25th.com



# EVENTS

## Children's Play Centre

Deloitte Lassonde Heights Hall is a fun, safe, environment for preschool children to play. Please note this is an un-supervised play area, and adults must stay with and supervise children at all times.

## Scouting

Thursdays, 7 p.m. to 11 p.m., October 16 to May 16, at Emmanuel Baptist Church, 1036 Acadia. An OnPoint supervised playgroup for kids ages one to six. Includes play equipment, games, crafts, stories, and coffee/tea for parents. Registration is annual. Call 427-1234.

## Breastfeeding Café

Thursdays, 10 a.m. to 11:30 a.m., at Meewasin Primary Health Centre, 3301 16th Street. Dr. A-deep-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

## Movies for Mommas

Thursdays, 10 a.m. to 11:30 a.m., at Willowbore Cinemas in The Centre. An infant-friendly environment with reduced sound, change tables, Santa waving and smaller popcorn.

## Recipes for Success: Family Cooking Class

Thursdays, 6:30 p.m. to 8:30 p.m. and Saturdays, 1 p.m. to 2 p.m., through June at the Saanich Community Learning Centre, 203 Ave. C. A family cooking class where families cook together to prepare nutritious meals. Call 306-770-7223, email phil@philsfamilyfitness.ca.

## Dragon Tales Gas

The first and third Thursday morning each month during the school year at St. George's Anglican Church, 14240 15th Ave. A free music and art program. Call 262-7703.



After and Baby sessions are Monday mornings, May 6 to June 30, 10 a.m. to 11:30 a.m., at St. Paul's United Church. Learn local recipes about a variety of topics for healthy moms.

### Kids! Learn to Sew

Four week sessions, Thursdays, May 2-22, 6 p.m. to 9 p.m., at The Whistler. Taught by Linda Stearns-Kent. Kids ages 8 to 12 learn to sew some basic projects like a pillow case, blanket, book or handi-quilter, and a bag. Registration online at [www.januarystitchery.org](http://www.januarystitchery.org).

### Mom and Baby Outdoor Stretch Fitness Classes

The days and Thursdays, May 1 to Aug. 28, 10:30 a.m., meet at 2511 Early Dr. Meet new moms and get a whole body workout. To register call 306-770-2838 or email [seasidestretchfitness@gmail.com](mailto:seasidestretchfitness@gmail.com). More information on Facebook.

### Shops at Stell

Fridays, 9 a.m. to 10:30 a.m., meet in front of Container Service at The Mall at Lassonde Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing, and stretching for pavess, and babies. For register at [www.seasidebootcampfitness.ca](http://www.seasidebootcampfitness.ca).

### Classes on Stat Holidays

**Coffee Time for Moms** Fridays, 10 a.m. to 12:30 p.m., at Totaled Mashed Roots, 17-105 Centreville Ave. Moms enjoy a free cup of coffee while children play in the playground.

### Baby Talk at SPL

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m. at Carlyle King Branch and 25 Wood Street, and Thursdays, 10:30 a.m., at Cliff Wright Branch. Half-hour singing and rhymes, then mingle with other parents.

### Craft and Story Time

Saturdays, 3 p.m., at Indigo Books, 3322 Eighth St. It is the last session.

### Carrie's Openness Classes

Fridays, 9 a.m. to 10:30 a.m., meet in front of Container Service at The Mall at Lassonde Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing, and stretching for pavess, and babies. For register at [www.seasidebootcampfitness.ca](http://www.seasidebootcampfitness.ca).

**Postnatal Yoga** Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 245 Third Ave. Taught by a doula and certified yoga teacher. Recommended for anyone who has given birth for any stage. In pregnancy (346-231-0443) or email [postnatalyoga@gmail.com](mailto:postnatalyoga@gmail.com). No class on stat holidays.

**Beginning to Intermediate** yoga designed to help with postpartum recovery. Kid friendly class with a certified yoga teacher. Suitable for new mothers to two years postpartum. Register at [www.respectifylifew.com/prenancy](http://www.respectifylifew.com/prenancy). No class on stat holidays.

### Mommy and Me

The first Friday each month, 6:30 p.m., at West Point Port-8-370 8th Street. It is a one-parent one-parent class designed for one parent with one child. Painting techniques, tips and ideas. This month Mother's Day gifts. To register call 306-373-5225.

### Preschool Yoga

Mondays, 6 p.m. to 7:30 p.m., at Pregnancy and Parenting Health Centre, 245 Third Ave. Taught by a doula and certified yoga teacher. Recommended for anyone who has given birth for any stage. In pregnancy (346-231-0443) or email [postnatalyoga@gmail.com](mailto:postnatalyoga@gmail.com). No class on stat holidays.

### Drop-In Playground

Mondays to Fridays through May, 9:30 a.m. to 10:30 a.m., at Herk Hays Soccer Centre, 209 Princess St. An indoor outlet of expressed with ride-on toys, sporting equipment, toys and books for children up to age six. Food and drinks are welcome, but the building is peanut-free.

### Edmonton Bedside Tea Playroom

Mondays to Fridays, 10:30 a.m. to 4:30 p.m. and late afternoons, at the Edmonton Bedside Tea, 11-205 Centreville Ave. With a veranda, kitchen and shopping centre, puppet theatre, stage and crafts, tea-book groups, or to check for availability, call 306-374-4500 or [www.edmontonbedside.com](http://www.edmontonbedside.com).

### Mom and Baby

Monday mornings, May 5 to June 20, 10 a.m. to 11:30 a.m., at St. Paul's United Church, 454 Albert Ave. Learn, share and connect with other moms and babies in your community. Learn from local experts about a variety of topics for modern moms. Visit [www.momandbabyclasses.ca](http://www.momandbabyclasses.ca) or [saskmom.com](http://www.saskmom.com).

### Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace-Worship United Church. Hosted by Prairie Haunts Learning Community, a group of families inspired by Waldorf philosophy. Playgroup is aimed at children ages two to five, but all ages are welcome.

### Preschool Story Time

Tuesday and Fridays, 10:30 a.m. to 11 a.m., at McNaull Park, 3100 Eighth St. E. For children ages three to five in the Circle of Trees. Call 306-558-1427.

### Stay and Play

Tuesday and Wednesday, 9:30 a.m. to 10:30 a.m., September through April.

at Louise St. Community Church. For children up to six. Semi-structured, crafts, stories, story time, toys, activities. Email [stayandplay.saskatec@sasktel.com](mailto:stayandplay.saskatec@sasktel.com) or visit the Facebook page.

### Swimming for Birth

Tuesdays until June 3, 6 p.m. to 7:30 p.m., at Pregnancy and Parenting Health Centre, 245 Third Ave. A six week course. Dance classes to play an exciting music menu along with a body and mental health and physically ready to embrace the birth experience. To register visit [www.livinginbirth.ca](http://www.livinginbirth.ca).

### Maternity Years

Tuesdays until June 17, 7:30 p.m. to 9:30 p.m., at Pregnancy and Parenting Health Centre, 245 Third Ave. A six week course for the birth of a child. To register visit [www.birthbyyears.ca](http://www.birthbyyears.ca).

### Read & Paint

The first Tuesday at 10:30 a.m., and Wednesday at 10:30 a.m., each month, at West Point Port-8-370 8th Street. It is a 90-minute art project for four to each month features a different story, followed by a related painting project. This month, T-Rex in Tivoli. Visit [www.westpointportcity.com](http://www.westpointportcity.com).

### BRICKS & KIDS® Saskatoon

Regular after school programs, drop-in programs, and camps for kids of all ages in various locations in Saskatoon. An after-hours for students to build unique creations, play games, and have fun using 1,000+ blocks. Visit [www.bricksandkids.com](http://www.bricksandkids.com) or call 306-579-2124.

**Saskatoon Public Library: Programs** Ongoing storytimes for children and families. Find the calendar at [saskatpubliclibrary.ca](http://saskatpubliclibrary.ca) or [www.library.ca](http://www.library.ca).



# EVENTS

## Spring Concert

May 4, 2 p.m., at Sainte-Marilyn's Canadian Church, 1687 Windsor St. Le Chœur des Petites, Saskatoon's Panoperauso-community choir, performs, featuring students from the grade 3/4 French Immersion class from l'Ecole Victoria. Tickets at 306-633-5840 or at the door.

## Dance Ink Solo and Dance Showcases 2016

May 4, 2 p.m. to 4 p.m., at St. Joseph's High School Theatre, 165 Nelson Rd. Showcasing dances in ballet, jazz, tap, lyrical, contemporary, hip-hop and musical theater styles. Choir optional by Ashley Barnes, Hand-2-Heel, Jenelle Dehl, Andrea Fornatale, Tatum Whiteman, Kyla Ireland and Chloë Inland. Tickets at picatic.com.

## Rings of Love and Domination

May 4, 3 p.m., at Third Avenue United Church, The Saskatchewan Chinese Christian Fellowship Quartet presents its annual spring show with guest quartet The Executive Singers in Musical Harmony from church members. 306-652-5622 or at the door.

## 10th Annual Music Monday

May 5, 11 a.m. to 12 p.m. All welcome at musicmonday.ca. Emphasizing the importance of music education, students across Canada perform the same songs at the same time on the same day, uniting the country in song. All proceeds from the fees of the Vancouver Symphony Orchestra, with former Canadian Space Agency Astronaut Chris Hadfield, return to participants at musicmonday.ca.

## Mother's Day Tea, Trivia & Pavilion Show

May 4, 7 p.m., at the Hilton Garden Inn. Presented by She Modelling Agency, Fitness and health, beauty displays, a photo booth, and a fashion

show featuring mother and daughter models. A portion of ticket sales will go to the Canadian Cancer Society. Tickets at 306-652-1164, picatic.com.

## Choral Concert

May 4, 3 p.m., at Knox United Church. Celebrating the church's 100th anniversary, featuring Saskatoon Chamber Singers, Saskatoon Children's Chorale, Saskatoon Men's Chorus and Knox Sanctuary Choir. Tickets at McNauly Insurance.

## Silver Season Dinner

May 5, 5:30 p.m., at 100 Plaza Saskatchewan premises. Includes silent auction, feature guest speaker Jean Arden. Proceeds will go to Saskatoon Hadassah-WIZO, the congregation Agudas Israel Jewish Community, Saskatoon Interval House and Ronald McDonald House. Tickets at picatic.com.

## Orpheus 60 Chorus

May 5, 7 p.m., at Casino Senior Centre, 1851 10th St. An evening of music and sing-along. With refreshments to follow. A free will offering will be taken for the Saskatoon Food Bank.

## Saskatoon Summer Scare Shindig

May 7, 7 p.m. to 11 p.m., at Scott's Pavilion, 1000-10th Circle Dr. Guests will be asked to wear a scarf, a short demonstration on some fun and creative ways to wear a scarf this summer. With snacks, coffee and beer.

## The Von Neumann Idea

May 6, 7 p.m., at Broadway Theatre, 430 Main, documentary about David Thielking, authored by the Mendel. The artist and the director, Jan Nowina-Zarzycki, will be in attendance.

## Annual Transplant Thrill

May 6, 10 a.m., starting at Victoria Park. Hosted by the Canadian Transplant Association, Saskatoon Human Resources, Five and 10 Kidzpreneur Walks. A screenwriter meets



Alastair Allen and Kirk Smith in *Persephone's Inferior Livingless Ladies*, which runs until May 11, at the Saskatchewan Theatre.

and nurse. Register at www.events.rampproject.com. Proceeds benefit the Canadian Transplant Association.

## THEATRE

### True West

May 6-7 and 8-9 at The Refinery. Presented by Live Five independent Theatre. Produced by Mad Hat Productions. A black comedy in which two brothers struggle for power, creativity, and freedom from their lives. A screenwriter meets

### Operation Big Book

Runs until May 11 at Dancing Sky Theatre in Meewasin. A love story... about a great rock, the 2012 Ian McEwan novel in the face of the valley being flooded to manage drought. In the late 1950's, *Operation Big Book* explores one and hopefully a spiritual journey as the

rock's career and his family life fight for the rock. Tickets at 306-335-5445.

### Leading Ladies

Runs until May 11 at Persephone Theatre. A clean, stirring, quick-chipping comedy that complements with young men, drinking, love and money while wearing diapers. Tickets at www.persephonetheatre.org, 306-348-7737.

Readings are a free community service offered by Draper Library and the City of Moose Jaw.

# ASK ELLIE

# Choices need to be made in passionless marriage

Q I really love my husband of 18 years. We'd lived together a few years and only had sex every couple of months back then, which bothered me. It became our default in the room.

We had a great friendship and then together and he was a good person. He wasn't perfect, he was so busy with work over many years that I took care of our personal life, chores, my self.

At times he drank too much and stood up to me with friends and workmates. He also treated me about having kids. When I was ready, he was absolutely not, though I was getting older (he's now interested in having kids with me). But I stayed because I loved him and believed he loved me.

Over the years he explained that he was very stressed with work and studying and that he always had a few sex drives, even before he met me.

For the last 10 years, we've had sex once every two to three months

## Ask Ellie



We've been to counselling to help with communication but we've had to move to living up our hottest issues as the intent was to resolve the "little things."

Then we went to a sex therapist for over a year, where we learned to de-stress, relax, and learned about sex in general. We haven't connected yet to "dates" where we devote time to pleasing each other — too busy or tired, or he suggests it's more like "work" than fun.

He doesn't seem to have an erotic attraction to me. He also gets angry when I make demands. Overall, there's no connection.

He loves attention, as my affection

seeds are met. He boasts he loves me, and thinks I'm very attractive but doesn't seem disappointed in our lack of sex.

I try not to bring it up too often as I don't want to make him feel bad and part of one isn't attached to him anymore.

A couple of times we've tried to make it浪漫 (romantic) an evening, which we've avoided. He wants a doctor and just has to manage the stress.

To be honest, I've had a few affairs but I always made sure not to let it get serious, as I had no intention of leaving. I know of a wrong but I did fulfill my needs and boost my confidence.

First I've tried to resolve that, and that I'd stop having a loving man for some pleasure. I also worry that a passionate relationship would fade after a few years, and I'd be stuck alone.

Should I just include more sex, despite my lack of attraction, so that I can make this a full marriage? And stop cheating. My husband will be very upset if he knew.

Very upset if he knew

Stock

Q You're not "whole" if you're made a choice. You have a solid, caring marriage, not a passionate one. You've tried different routes — and could try more, such as individual or couples therapy or his lack of libido.

Q You could keep him as a friend but separate, and look for a more fulfilling relationship, since cheating only helps temporarily and getting caught (which inevitably happens) is worse than you even imagine.

One warning — it's not wise to have a child now when you're still unsure that you'll "never" leave. Also the totally changed lifestyle with a child will fill up your shoulders if he's still willing to be tied down after a few years. You'll be even less attracted to him then.

Q This guy likes me and is so nice to me. He hasn't had the courage to ask me out.

He only talks to me sometimes but

mostly looks away when speaking to me.

I drop hints that I wouldn't repeat just to see if he can't seem to take me out, though it's very obvious that he likes me.

I think he's shy but I don't know why, because he's very sociable. He added me on a social network but didn't text me.

He also has a girlfriend now but he confesses me. I'm very shy so can't ask him myself.

Should I try to get his attention?

Scared of Rejection

Q Everyone dislikes rejection, but instead of being scared, most people proceed on what's real, not imagined, or based on hope.

The big fact here is that this guy

has a girlfriend. So, no, you should not try to get him interested until he's unattached.

## TIP OF THE DAY

Staying in a passionless and sexless union is not an easy choice and needs re-thinking over time.



**Next week in  
BRIDGES**  
A preview of  
Saskatchewan  
Fashion Week with a  
spotlight on the artists  
behind the scenes

# SHARP EATS

## # SASKATCHEWAN FOOD TRENDS

### A crêpe for every occasion

By Jenn Sharp  
and Ashley Martin

You can make crepes at home but with so many crepe spots to choose from, why would you? Plus, that flaky, buttery crepe is really hard to make, especially when you pack it full of ingredients. Better off leaving it to the pros. Whether you're searching for a sa-

tey lunch or a trendy breakfast spot, there's a crêpe to suit every occasion in Regina and beyond.

Macaroni Crepe and Co. in Regina gets two hats because it's the only sit-down restaurant devoted solely to crepes, which proves it's a special mention in our books.

[www.macaronicrepeandco.com](http://www.macaronicrepeandco.com)  
Twitter: @macaronicrepe



The Thai Chicken Red Curry G Baguette Crepe (one of the U.S. options) PHOTO BY MICHELLE BEBO

### PROPS FOR ORIGINALITY

WHERE: Le Crêpe Bistro  
Lower Plaza, Red Student Centre, 1 Campus Dr., University of Saskatchewan, Saskatoon

#### WHAT: Thai Crêpe Red Curry G Baguette

Five years ago the University of Saskatchewan became Place Bistro and a unknown you'll remember best for its Le Crêpe Bistro for a banana and Nutella crepe while you waited for the bus. It's now located in the lower Plaza, cafeteria area and it's as good as ever.

Owners John and Diane Veenstra launched from Lasco, after a variety of reasonably priced and decently sized crepes. Sweet or savoury, they're all here (try the Paradise with lemon and brown sugar — it's excellent).

On Wednesdays, you're in for a special treat. Diane makes up a batch of her Thai chicken red curry and serves it over rice, noodles or a crepe. Although Macaroni's gets too saucy in a crepe, I disagree. You just have to eat it fast. And leave out the rice or noodles. This curry is so good you won't want any more starch soaking up the flavor.

PRICE: \$1.75 Sweet crepes range from \$4 to \$6; savoury ones are \$5 to \$7.50

See a food trend you think deserves a highlight?

Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

or visit us on Facebook



Savoury Crepe from Poached. (REGINA PHOTO BY MICHELLE BEBO)

### TRENDY BREAKFAST

WHERE: Poached (located inside 209 Broad Ave. S., Saskatoon)

#### WHAT: Savoury Crepes

These crepes filled and baked with black forest ham, arugula and cheddar (although I didn't see a taste any cheddar) provide a nap sandwich and a creamy all-much more.

These crepes were amazing, but the texture just was more like a bag, hard take than a crepe sheet.

I was also saddened to see a mass-produced spinach salad on the plate, in place of the usual

arugula green salad from a local producer. (I'm told they'll supply it meeting us with demand and the salad will return soon.)

Another plus: I agreed this pretty little downtown spot is cheap — the price list is from Canada. At \$10.95 it's a snap a higher quality tea bag should be the norm.

It's all exchange ready. This place used to be so good I'd end up the country comes back. Poached, with its Gourmet lineups out the door is more upscale to see and be seen.

PRICE: \$14

### ARTFULLY PREPARED

WHERE: The Artful Diner Cafe & Music Emporium  
1021 11th Ave., Regina

#### WHAT: Breakfast Crepes

"Crepes are basically about what's in them." My boyfriend made a good point. After a recent meal out or use experience with pastries filled with all kinds of ingredients, The Artful Diner's breakfast crepes were a hit.

The paper-thin pancake was filled with a hint of sweetness, was filled with perfect bacon, arugula, mushrooms, onions and cheese. The bacon was crispy, onions were soft and onions. The arugula was the right size for crepes, while the tomatoes had pepper and onions and cucumbers, garnished with feta and kalamata olives.

Other options — savory and sweet — include ham and cheese with Gruyere cheese (locally made) in that little box just 200 kilometers southwest of Regina). A more fruit with whipping cream and crumble/topping.

The food is art, but so is the atmosphere. The Artful Diner is a unique yet comfortable,

decor, exposed brick walls, colorful throw pillows and a mural at its name sake on the wall next to the stage.

PRICE: \$9



The Breakfast Crepe from The Artful Diner Cafe & Music Emporium. (REGINA PHOTO BY ASHLEY MARTIN)

with a mural at its name sake on the wall next to the stage.

# SHARP EATS

## POWER LUNCH AND A SINFUL DESSERT

**WHERE:** Marocino Caffe and Cafe  
#13350 Keelewood Blvd., Rizoma

**WHAT:** Moroccan Sausage: Sausage spiced with paprika and cumin, green onions, marocino, mustard, raisins, spicy sun-dried tomato pesto  
Coconut Green: Natas, bananas, coconut

Marocino is a real treat. Besides being the only all-cash establishment the food is really good. For under \$10 the knish-style is enough to impress almost anyone. There are six savory options all of which you never makes fresh to order in the open kitchen (this can lead to delays in service, so be patient.)

The Moroccan Sausage is everything you'd expect - lots of veggies and a bit of spice. It's the beautiful Coconut Cream Coffe that will make me happy dreams. And if coconut's not your thing, there are 12 other sweet options to tempt you.

**PRICE:** Marocino is \$9.00. Coconut is \$9.00.



The sinful Coconut Cream Cheesecake from Marocino Caffe and Cafe

PHOTO BY JOHN SHARP



Marocino's Moroccan Sausage Dip is slightly spicy and stuffed full of vegetables.

PHOTO BY JOHN SHARP

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# OUTSIDE THE LINES



Last week's contest winners are Max and Savannah Coles. Thanks to everyone who submitted entries!

## # Colouring contest

Each week, Stephanie McElroy creates a fun, easy illustration meant to please kids of all ages.

Children can color the page, have a picture taken with the finished product and email it to [bestofthebest@phoenix.com](mailto:bestofthebest@phoenix.com). One winner will be chosen each week.

Please send entries by Monday at 3 p.m.



# WINE WORLD

## # LOCAL WINE SCENE

### Locally-made bitters take your cocktail to new heights

By James Romanow

As I have demonstrated publicly several times, if you really want to make a great cocktail, you have to use bitters.

Bitterness or astringency is one of our main flavour sensations. In fact, in an honesty poll, people realized that their aversion of bitters was something people actually sought, and our species is apparently genetically programmed to appreciate astringency to avoid toxins. More recently, people just decided bitters were approved all drinks and is a coolant additive to cocktails.

The simplest use of a bitter is to add a drop or two to a glass of whisky or rum. Lately, people have been using several droplets to mix the taste of the glass before adding a whisky or whisky. This has resulted in the greatest explosion of new bitter concoctions since the Madeline Agen.

LB Distilleries of Saskatoon has come up with three bitters that are distributed by restaurants throughout the province and through Co-op Wine and Spirits in Saskatoon. The latter that will prompt most people first in Beamer's Baros Bitter.

I laughed when it was shown to me but have my experimental with it, this is an excellent addition to my library of bitters. If you don't believe me, next time you're making a Caesar



Set up the glass with at least two spritzes of LB Bitters.

In keeping with modern cocktail thinking, the LB bitters are sold in several spritzes. This idea is to spray your glass before adding your alcohol. This system works beautifully in a tall diagonal snifter glass, but not so well in highball glasses. I however the top-and-then use an eyedropper or your very carefully.

LB Distilleries Abamrie Bitters \*\*\*\*

LB Distilleries Horneau Bacon Bitters \*\*\*\*

LB Distilleries Lahey's Bitters \*\*\*

Cocktails and the perfect martini at [www.lbdist.com](http://www.lbdist.com) and on Twitter @lbdist.

### Crossword/Sudoku answers

ECO	ROC	BIS	NES
MAC	OMA	REQUEST	
INHALER		YOULOSE	
TESTLAB		SPINNER	
OSLO		ARAL	
RAINI	MACRÆ	ITS	
O'REIN	CLOUDS	GET	
CROC	LOOPY	NIRVA	
KAH	SOPUP	NUTRI	
YUV	GLYDE	INSAD	
AGAL	ROBE		
PHILLIP	MOLEDOUP		
RUDOLPH	HERMITI		
ONEWDOO	APT	VAT	
WEIN	DPS	DMS	ANA

2	4	9	5	1	6	3	7	8
6	5	3	2	8	7	4	1	9
8	7	1	3	4	9	6	2	5
9	1	8	4	6	5	2	3	7
4	6	7	8	3	2	5	9	1
3	2	5	9	7	1	8	6	4
1	3	2	7	5	4	9	8	6
7	9	4	6	2	8	1	5	3
5	8	6	1	9	3	7	4	2

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For more information, please contact us at: [the centre@pastak.ca](http://www.pastak.ca) or (306) 966-8181

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### We're looking for Volunteers



walk • run • boogie • 5k • 10k

Sunday, June 8, 2014

### We need volunteers for:

Thursday, June 5 • Saturday, June 7 • Sunday, June 8



All volunteers will receive orientation, an appreciation party and a Bridge City Boogie t-shirt. Also, volunteers for the Bridge City Boogie and just eight \$100 a registrant for a pair of shoes and a free t-shirt. A free t-shirt is also available for a \$100 a registrant for a pair of shorts and a free t-shirt. All registrants will receive a free t-shirt for their first race.

For a complete list of available positions and to register, please visit [www.bridgecityboogie.ca](http://www.bridgecityboogie.ca)

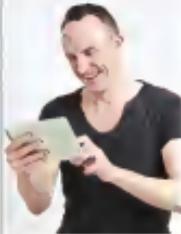




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